

Drill

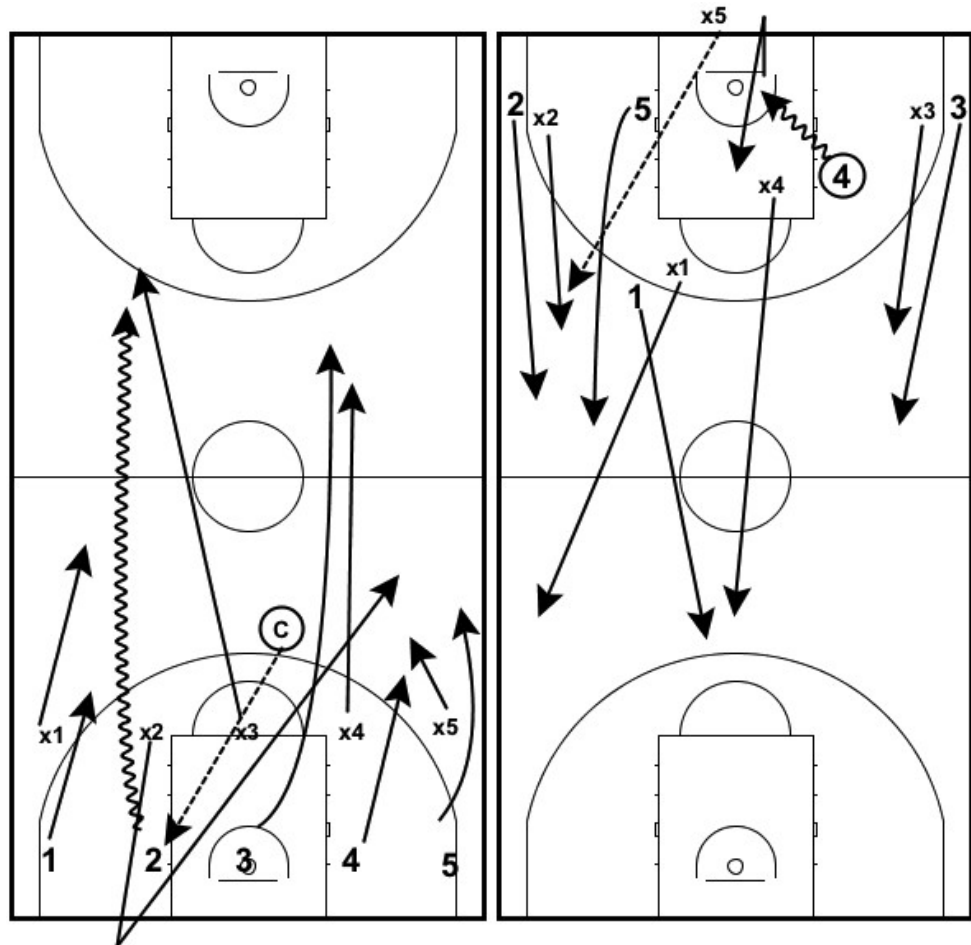
Drill: 5-on-4 Get Back (Transition Phase C)

Goal: Learning Goal: Find the open man in transition. Point of Emphasis: Both offense & defense must communicate.

Equipment/# players needed: - 2-3 squads of five players - 1 basketball - 1 coach

Sketch:

Diagram:



Description: Two teams line up opposite each other. The team that is lined up along the foul line will play defense first; the team on the baseline will be the first team on offense. The coach has the ball at the top of the key or on the wing. The coach will pass the ball to one of the offensive players, who will push the ball in transition. The corresponding defensive player must run & touch the baseline before getting back on defense. Since the offense has an advantage, the defense must stop the ball before a high percentage scoring chance is created.

At the other end whoever scores, shoots or turns the ball over must touch the baseline, giving the opposite team a 5-on-4 advantage. After two possessions, the drill pauses for new players to sub in or a quick debrief.

Progression: The coach can call the names of one, two or three defenders, who have to run & touch the baseline before they can join the play. For a continuous game, place a scoreboard at midcourt: whoever scores must run to the table & update the score. For a miss or a turnover, they must run to the baseline & back.

Time: 5-10 minutes or play to a set number of points. Provide both teams with an equal number of possessions & ensure that everyone has an opportunity to play all of the transition defense roles. Work:Pause Ratio: 1:2

Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage(s): Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

Categorie(s): Ball Handling Defense Dribbling Dynamic 1 on 1
 Footwork Fundamental Movements Passing
 Picks Principals/Actions Rebounding Screens
 Shooting Static 1 on 1

Phase(s): A B C D